

# Coming this Fall

Girls on the Run is a 10-week after school program that uses the power of running to help prepare girls for a lifetime of self-respect and healthy living. It's a place where participants learn to celebrate being a girl by building self-esteem and improving emotional and physical health.

Each session is led by trained volunteer coaches who guide and mentor girls through a fun and uplifting curriculum. Along the way, the girls train together to walk or run a 5K.

The season culminates in a celebratory 5k where they learn that amazing things are possible if they keep moving forward.

*Registration Opens*

August 6, 2019

*The Season Starts*

the week of September 9th

To learn more  
about the  
program, visit  
our website:  
[www.gotrneo.org](http://www.gotrneo.org)  
or call:  
234-206-0786



*Now Accepting Coach  
Applications*

- Do you have a sincere interest in leading a healthy lifestyle?
- Do you have an interest in the issues facing young women today?
- Do you want to commit to the positive development of young girls?
- Do you wish that a program that prepares girls for a lifetime of self-respect and healthy living had been available when you were growing up?

**Join the team and help make a difference today!**